PROFS SAY STUDENTS NOT PREPARED, PG 4



earthquake

DISASTER Several people have been killed in a strong earthquake that hit a large section of central Italy earlier today, the civil protection department in Rome said.

The department said it had received reports that people had been killed, including four children. State television RAI had said an elderly woman and a child had been killed in a village east of Rome in the Abruzzo region where the quake was centred.

The quake registered 6.3 on the Richter scale and struck shortly after 3.30 a.m. local time.

Television reports showed rubble on a number of streets in l'Aquila, a collapsed church bell tow-

Workology pg 11

Dogs truly are man's best friend



Cannes contenders

Business pg 7

Air Canada CEO in tough



Janet Bogye takes a look at an affordable house for the birds as she checks out Le Petit Chalet bird feeders at the 2009 Spruce Meadows Garden show, which took place this weekend.

Obama calls for a nuke-free world

American president says U.S. ready to reduce arsenal

U.S. President Barack Obama set out his vision for ridding the world of nuclear arms yesterday, declaring the



atomic weapons to reduce their arsenals.

Delivering a speech given new urgency by North Korea's rocket launch hours earlier, Obama said the United States would go ahead with plans to build a

missile defence shield in Europe as long as Iran posed a threat with its nuclear program.

On a visit to the Czech capital of Prague, once a focal point in the Cold War between the West and the

Soviet Union, Obama pledged to cut the U.S. nuclear arsenal, to bring the Comprehensive Test Ban Treaty into force and to seek tough penalties for those that broke rules on

non-proliferation. "The United States will take concrete steps towards a world without nuclear weapons," he told a cheering crowd of more than 20,000 in Hradcanske Square outside the medieval Prague Castle.

"To put an end to Cold

War thinking, we will reduce the role of nuclear weapons in our national security strategy and urge others to do the same," Obama said.

He acknowledged the goal of a nuclear arms-free world might not be reached in his lifetime and added: 'Make no mistake: as long as these weapons exist, we will maintain a safe, secure and effective arsenal to deter any adversary."

MORE COVERAGE, PG 4

• CRIMINAL PARDONS/ U.S. WAIVER

• NO FAULT DIVORCE SMALL CLAIMS COURT UPTO \$25,000

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No public vote on fluoride: Chabot

SHAWN LOGAN



HEALTH Calls to put the teeth-grinding debate surrounding fluoride in Calgary water shouldn't be decided at the ballot box, says a local alderman.

Five aldermen today will call on their council colleagues to ban the chemical used in the city's water supply since 1991, despite Mayor Dave Bronconnier suggesting the best course is holding a plebiscite on the issue.

Ald. Andre Chabot said Calgary has already weathered six referendums on the controversial dental care compound added to drinking water — dating back to 1957 — and with new evidence showing potential health problems, he says council needs to bite the bullet.

"Having another plebiscite is an easy way out, but we have to do what's in the best interest of all Calgarians," he said. "We got elected to make these tough decisions."

Chabot said with mounting evidence questioning the health benefits of fluoride, along with the potential risks, shutting off the taps as soon as possible is the best option.

The cost to put fluoride in Calgary water is \$600,000 annually.

Share Your Views

calgaryletters@metronews.ca

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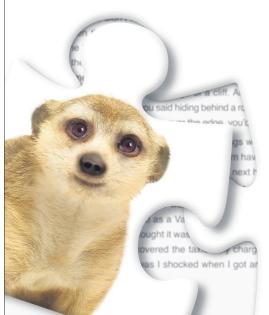
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Visions

Red Deer City RCMP is investigating the death of 29-year-old Brandon Prevey of Red Deer. Police said Prevey was shot while seated in a vehicle in the Inglewood area of the central Alberta city. METRO CALGARY

Local



Be sure to get your fire permits

Albertans who live in and visit the province's forests are being reminded to take extra care while burning this spring. Starting this month, fire permits are required for all types of burning within the Forest Protection Area, except campfires. Permits are free and available at any Alberta Sustainable Resource Development office.

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Shots fired in air, three arrested

CRIME Strathmore RCMP arrested three men early yesterday morning after gunshots were reported in the city's southeast.

City police responded to the 3600 block of 100 St. SE around 3:45 a.m. yesterday and it was determined shots had been fired into the air and there was no indication anyone was shot. Shortly after, Strathmore RCMP arrested three people and recovered a firearm. METRO CALGARY

metrenews.ca

What's online today.

Comment Guidy Mamann looks at the George Galloway case and the legal quandary that it creates for Canada's immigra tion service.

Friday, April 3: Lotto Super 7: 2, 10, 11, 22, 33, 38 & 45. Bonus 41; Saturday, April 4: Lotto 6/49: 17, 20, 22, 37, 40 & 48. Bonus 33.

Pools end frenzy over feeding

City designates 'breastfeeding friendly' zones for mothers

KRISTA SYLVESTER krista.sylvester@metronews

City pools will now be designated a 'breastfeeding friendly' zone.

Breastfeeding crusader and mother of a 21-monthold girl, Gemma Kelsall said the end result of speaking out against the Killarney Aquatic and Recreation Centre for not allowing her to feed her daughter in water has been worth the trouble.

"I am just happy this will be solved for once and for all and that all the pools will support our rights as mothers," she said yesterday, adding she has re-ceived more than 100 personal emails since the saga began last week.

Kelsall said she has been given a variety of reasons for over the past year why mothers were not allowed to breastfeed in the water.

But city aquatics and recreation manager



Breastfeeding crusader and mother Gemma Kelsall, right, and City of Calgary aquatics manager Heather Bruce showed off the sign that will appear at Calgary pools declaring the facilities breastfeeding friendly

Heather Bruce said there has never been a policy

against mothers breastfeeding in the water and "I am just happy this will be solved for once and for all and that all the pools will support our rights as

Gemma Kelsall

mothers."

that conflict must have been the result of a miscommunication.

"We are family friendly and we cater to families, so I am not sure what happened, but we are happy to have the conflict resolved," Bruce said.

Bruce said all city pools will now post a "breast-feeding friendly" sign.

Not everyone is happy with the decision though, including 25-year-old Jamie Lake.

"I just think it doesn't seem very hygienic or clean for the people around or the baby, for that matter," she said.

How fast can your fingers fly @ txting?

KRISTA SYLVESTER krista.sylvester@metronews.ca



COMPETITION R 11 the fastest texter in Canada?

The second annual LG Texting Championship has hit Calgary and had texters pounding furiously at their phones

weekend Market Mall. So far the fastest texting texting pro hails from Calgary at just over five seconds, according to LG Championship co-ordinator Tyler Jackson.



"We have only been to Toronto and Calgary, but so far Calgary seems to have the savvier texters. But we still have a few cities left,' he said.

The top two texters in each city head to Toronto for a chance to win up to \$25,000. For more information visit www.lg.ca/texting.



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Woman dies without inheritance

Mary McCarthy, a Canadian widow living in Cuba whose fortune was trapped in a Boston bank by the U.S. trade embargo died Friday at the age of 108 without having ever gotten her money, according to her godson. REUTERS

Canada/World

Slacking students UN council divided by

Immaturity, Wikipedia common in first-years: Survey

University professors feel their first-year students are less mature, rely too much on Wikipedia and 'expect success without the requisite effort," says an Ontario-wide survey to be released today.

More than 55 per cent of Ontario's faculty and li-brarians surveyed believe students are less prepared for university than even three years ago. In fact, many post-secondary institutions have had to create catch-up courses to help those who are struggling.

"It wasn't a shock for me — I'm aware of what's happening out there," said Brian Brown, a University of

College report

• Colleges too report troubles with unprepared students, especially in math.

Windsor visual arts professor. He also heads the Ontario Confederation of University Faculty Associations, which oversaw the online survey of about 2,000 professors and university librarians out of the province's 15,000.

"What the questionnaire reveals is a serious challenge that we are facing in the system. We are teaching students from what is

basically an under-resourced secondary school system.

James Côté, a sociology professor at the University of Western Ontario, says the survey confirms a lot of recent research, and that the decline in student preparedness began years ago, but has more recently accelerated. "It's a wider societal issue, where leisure is very much valued and work habits are not necessarily reinforced in the way that they were in the past. The work ethic is not what it used to be ... no pain, no gain doesn't seem to be prevalent any more.'

TORSTAR NEWS SERVICE

N. Korea rocket launch

North Korea fired a longrange rocket yesterday, provoking international outrage, but a divided UN Security Council failed at an emergency meeting to agree on a reaction to Pyongyang's defiant move.

The reclusive communist state, which has tested a nuclear device and is in stalled six-party talks on ending its nuclear program, said a satellite was launched and was orbiting the Earth transmitting revolutionary songs.

The United States and South Korea said the Taepodong-2 rocket failed to enter orbit. Analysts said

Russia, China urge caution

Russia's Foreign Ministry called for "a balanced approach and caution" yesterday while discussing North Korea's launch of a long-range rocket at the UN Security Council.

the launch was effectively a test of a ballistic missile designed to carry a warhead as far as Alaska.

Western countries and Japan said the action violated a 2006 Security Council resolution demanding that Pyongyang suspend its ballistic missile program.

• China, the closest North Korea has to a major ally, similarly urged diplomats not to overreact. Chinese Ambassador Zhang Yesui said yesterday that any reaction must be "cautious and proportionate."

Diplomats said China and Russia had said they would use their veto powers to block any council resolution imposing new sanctions on Pyongyang, and that both nations are unconvinced the launch violated UN rules.

RELITERS

News in brief

MURDER Police said Saturday they have arrested three more people and laid murder charges in connection with the execution-style killings of six people at a Surrey, B.C., highrise in 2007, CBC News Online METRO NEWS SERVICES

ABDUCTIONS Two foreign workers for Aide Medicale Internationale, one of whom is Canadian were kidnanned at gunpoint in Sudan's Darfur region overnight, the French medical aid group said yesterday. Sudanese officials said unidentified men seized the two women — one Canadian, the other French — and two Sudanese guards from their compound in Ed el Fursan in South Darfur just before midnight Saturday. The state Sudanese Media Centre reported the kidnappers had asked for a ransom.

Vancouver Rally against hate



Vancouverites gather for a gay rights rally yesterday. Those at the rally called for hate crime designations for violence against homosexuals following a March attack on a 62-year-old man at a local pub. The man sustained serious brain injuries.

3,000 more troops will turn tide on Taliban: U.S. military

KABUL The top U.S. military officer said yesterday extra troops being sent to Afghanistan this year would start to turn the tide against the Taliban-led insurgency.

The chairman of the Joint Chiefs of Staff, Admiral Mike Mullen, was visit-ing Kabul with U.S. special envoy Richard Holbrooke a day after NATO agreed to boost troop numbers before Afghanistan's presidential election in August.

NATO leaders agreed at a summit Saturday to deploy 3,000 more troops to boost security for the Aug. 20 election, the key test of U.S. success in the mission.

The NATO reinforcements will be on top of 17,000 extra U.S. troops due in the country by July and 4,000 American soldiers due to arrive before September to train Afghan forces. They will join 70,000 troops already in Afghanistan. REUTERS

Tamil fighters cornered, says Sri Lankan army

COLOMBO Sri Lanka's military said yesterday troops had confined the Tamil Tiger rebels to a no-fire zone, where the last act of the 25-year separatist war will play out with tens of thousands of civilians still trapped.

Three separate units killed at least 420 rebels after surrounding them in a triangle-shaped single square kilometre during a three-day battle. REUTERS

News in brief

FRANCE President Nicolas Sarkozy defended yesterday the police handling of violent anti-NATO protests in Strasbourg in which shops were smashed and buildings including a sevenstorey hotel were set ablaze.

AEGHANISTAN President Hamid Karzai has ordered a review of a new law for Afghanistan's Shi'ite minority after Western nations raised concerns over its impact on women's rights. REUTERS

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Comment & Views

Comment

Reflection on life and car



y partner, Liz, and I are about to enter into one of the riskiest, most unnerving ventures any adult can face. Not marriage, that was a piece of cake. What we plan to do is "...

I'm hesitant to share this, be-I know cause some readers will have strong very reactions and I'll get a raft of emails asking, ne you insane?" Again. Well.

me crazy, but we're going to ... buy a used car. I know. I know. Buying a

I know, I know. Buying a used car is like hitting on a complete stranger. You don't know what you might be picking up.

But after weighing the options, Liz and I decided buying a used car is the way to go. We just can't manage the alternative. Which would be "walking."

We're buying a preowned Smart car. Liz and I can both take public transit to work, so we figure we really only need half a A Smart car seems like the answer.

Our friends have concerns about Smart cars. "What if you're barrelling down the highway and get hit head on by an 18-wheeler?" My answer, "At that point, I don't think what car I'm driving will be an issue."

Another complained, "With a car like that you're totally trading practicality for trendiness." This from a woman wearing suede boots

Someone else warned, "You won't be able to drive a whole pack of kids around." Darn.

As with most large pur-

chases, I'm convinced the key to buying a used car is research. Try to do as little as possible.

Just as reading the

always convinces me the tickle in my throat is anything from Cholera to a resurgence of the Black Death, reading research on used cars left me feeling I have a better chance of surviving complete disaster by going tap dancing in a mine field. The used car sites say things like, "If you take time to have the vehicle thoroughly checked, top to bottom, by a licensed mechanic, you'll have nothing to worry about. Except, of course, for the problems that can't be detected."

In the end, I'd say buying a used car is like any other risk. There are perils. Possibly hidden surprises. Definitely no guarantees. But there's a term for this kind of situation. Life.

So, Liz and I will buy a used car. And take our shiny new hopes out for a spin.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



Worth mentioning

One Antarctic ice shelf has disappeared, scientists say

ENVIRONMENT One Antarctic ice shelf has quickly vanished, another is disappearing and glaciers are melting faster than anyone thought due to climate change, U.S. and British government researchers reported Friday.

ported Friday.

They said the Wordie Ice Shelf, which had been disintegrating since the 1960s, is gone and the northern part of the Larsen Ice Shelf no longer exists. More than 8,300 square kilometres have broken off from the Larsen shelf since 1986. Climate change is to blame, according to the report from the U.S. Geological Survey and the British Antarctic Survey.

"The rapid retreat of glaciers there demonstrates once again the profound effects our planet is already experiencing — more rap-

idly than previ-

known — as a consequence of climate change," U.S. Interior Secretary Ken Salazar said.

"This continued and often significant glacier retreat is a wakeup call that change is happening ... and we need to be prepared," USGS glaciologist Jane Ferrigno, who led the Antarctica study.

"Antarctica is of special interest because it holds an estimated 91 per cent of the Earth's glacier volume, and change anywhere in the ice sheet poses significant hazards to society" she said.

ards to society," she said.

In another report published in the journal Geophysical Letters, the National Oceanic and Atmospheric Administration reports ice is melting more rapidly than expected in the Arctic as well, based on new computer analyses and recent ice measure



Views

City needs to update transit thinking

car.



It doesn't seem like a huge stretch.

Cut suddenly premiumpaying transit users — you know the good people who do their part to reduce Calgary's epic gridlock — a small break from the recently implemented \$3 fee to dock their rides on acres of city park-and-ride pavement.

Sure, they have to endure a new money grab from the city for the privilege of parking at one of the city's 33 lots on top of continually rising fares for C-Trains and buses.

Sure, it's still cheaper than

joining the daily automotive migration into the core, where thousands of commuters compete for a relative handful of exorbitant parking spaces.

Sure, the anticipated \$6 million a year the new program will rake in will be used to improve security and maintenance at some of the expansive concrete slabs.

But charging that fee in the evening and on weekends? What better way to convince people transit is more of an inconvenience than a city priority.

than a city priority.

While council in March called for a look at alternate ways to drum up transit cash, a report that landed in the in-boxes of council members last week offers no suggestion of lifting the fee during off-peak hours, instead issuing only dire warnings about potential cuts to

transit service and jobs to cover the shortfall.

Bureaucrats posit axing the fee on evenings and weekends would result in a \$1.5-million hit.

So instead of finding more efficient and inexpensive ways to improve maintenance and security with a reduced budget of a mere \$4.5 million, municipal leaders are told the only answer is to slash 44,000 transit hours and 38 full-time positions.

For those keeping score at home, that would be a paltry \$135,000 for each lot to spruce up the facilities and purchase new surveillance equipment.

Ald. Andre Chabot was one of two aldermen who asked for the report and isn't happy with what he sees.

"I'm sick and tired of administration only responding to what they want to re-

spond to," he said. "I wanted them to come back with recommendations on sources of alternate funding and instead all we see is one option — cutting service."

Chabot, who opposed the extra fee from the start, said Calgarians looking to go downtown on evenings after 6 p.m. and on weekends when parking rates drop would actually pay more to take transit.

Undaunted, the east Calgary alderman says he will push city staff to come back with what he wanted or he will make it an issue during budget adjustments later this month.

"We'll get to this one way or another," he said.

Shawn Logan is a veteran municipal affairs reporter who covered Calgary city hall for three years after working at a number of publications in southern Alberta.

It's your turn to tell others what you think. Email your thoughts and opinions to: calgaryletters@metronews.ca

U.S. seeks info on Ticketmaster, reseller

Ticketmaster has been subpoenaed or received other requests for information about its relationship with its reseller TicketsNow from the U.S. Justice Department, the Federal Trade Commission and the New Jersey Attorney General's office, the company said in an email obtained by an industry blog. REUTERS

Canwest Global Communications Corp. is heading toward another deadline tomorrow to restructure a debt agreement with its bankers, but time could be running out for the broadcaster and newspaper publisher as it tries to solve its financial woes, having already been given an extension by lenders. CBC NEWS ONLINE



Canwest faces another deadline

Canwest Global Communications Corp. is heading toward another deadline tomorrow to restructure a debt agreement with its bankers, but

New CEO in tough

Air Canada chief faces high costs, low demand

Air Canada's new CEO. lawyer-come-investment banker Calin Rovinescu, is expected to focus on slashing costs in the midst of the current recession, but his task won't be easy.

While he played a key role during Air Canada's reorganization under bankruptcy protection in 2003 and 2004, he is taking the controls at a time when demand for air travel is falling and Air Canada's cash obligations are on the rise because of debt repayments, bad bets on fuel hedges and significantly heightened pension obligations.

The challenge this time around is that there are few obvious places to

Loss

 Air Canada posted a loss of more than \$1 billion last

make deep cuts.

As well, most of the airline's side businesses, including Aeroplan and regional carrier Jazz, have already been spun off.

A key issue to be addressed is the airline's ballooning pension obliga-tions, which would require changes to federal funding rules. Air Canada now estimates that deficits in its various employee pension plans total \$3.2 billion.

Another federal policy change that could bolster Air Canada's prospects would be raising the limit on foreign investments in Canadian airlines to 49 per cent from 25 per cent currently — something Transport Minister John Baird has committed to achieving alongside a new "Open Skies" pact signed with the European Union.

That could open the door to a strategic investment from the likes of Germany's Lufthansa AG.

On the operations side, some analysts are expecting an overhaul of Air Canada's network to remove unprofitable flying and increase the focus on the most lucrative domesand international routes. Torstar News Service

Consumer staples past their prime?

INVESTING Canadian consumer staple stocks have been a good bet in bad times, with the steady profits of grocers and drugstores offering comfort to investors, but savvy share-holders may soon start turning to more cyclical

Beaten-up retailers, particularly those in the home improvement sector like Rona Inc. and Canadian Tire Corp., are tipped to outperform as the economy begins to recover from the worst financial crisis since the Great Depres-

have said, is keeping a close eve on forward-looking economic indicators, especially those tied to employment and confidence, that will herald a revival of consumer discretionary

REUTERS

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Estimated U.S. taxpayer cost for bailout rises to \$356B

ECONOMY U.S. congressional budget analysts have raised their estimate of the net cost to taxpayers for the government's financial rescue program to \$356 billion US, an increase of \$167 billion from earlier estimates.

The Congressional Budget Office had originally projected the \$700 billion Troubled Asset Relief Program would cost taxpayers \$189 billion.

The additional cost, which applies to TARP spending for fiscal years 2009 and 2010, was included in the CBO's March projection of a \$1.8-trillion deficit for fiscal 2009,

which ends Sept. 30. The TARP cost projection was raised due to changes in financial market conditions, new transactions and a shift in expected timing of payments, according to the CBO.

In **brief**

MEDIA The New York Times Co. has threatened to shut down the Boston Globe unless the newspaper's unions quickly agree to \$20 million US in concessions, the Globe reported Friday, quoting union leaders.

REUTERS

New York bankers best paid: Poll

PAY London bankers' pay has fallen from the highest level among global financial centres to the lowest, with Wall Street financiers grabbing the top spot, a poll conducted by Napier

Scott showed yesterday.

Geographically, bankers in the Middle East took the smallest pay cuts, while Russian-based financiers were the hardest-hit.

REUTERS

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8

Green option for spring cleaning

With spring here, it's time to clean your winter-soiled windows. Try doing the chore in a greener way with a cup of white vinegar, a cup of water and, as an option, a half teaspoon of dish soap. TORSTAR NEWS SERVICE

Going Green

Rona's eco-friendly line

Rona has introduced 40 new products to its Rona Eco line.
These products are more eco-friendly than similar
conventional products over their entire life cycle. The new
Rona Eco items include — among others — a manual lawn
mower, an algae-based fertilizer, a rainwater collector, reconditioned tool blades, and mouldings.

METRO NEWS SERVICES

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Your new green home

Well-planned house costs less and value may increase

If you have plans to build a new house soon, this is the time to start things off right.

An environmentally thoughtful, high-performance home is one that incorporates a green combination of technology, construction, design and maintenance elements — all of which will provide a healthier indoor life for its residents, and will significantly lower its impact on the planet's environment.

Indeed, a well-planned green home costs less to operate immediately and its value increases steadily over time. A green home is constructed with concrete, not wood, has energy-efficient lighting, heating, cooling and water-heating systems.

Here's a handy checklist as you begin:

The site: Build where you can beautify or replace unsightly properties like a factory, a parking lot, rail yard or shopping mall. Don't build on environmentally sensitive sites like wetlands, forests or farmland. Location: Build with

Demand expected to double

• Canadians continue to ask for high-performance, sustainable components in their newly built homes. Within the next three years, builders are predicting demand for green components will double. This represents a 12 to 20 per cent market share, and an industry worth \$40 billion to \$70 billion. Concrete walls, for example, are replacing the old wood frame method with countless benefits.

walking or cycling in mind, near public transportation, schools and shops. **Materials:** Start with con-

crete. An award-winning

system by the all-Canadian company Nudura builds walls with pre-assembled, Lego-like blocks of concrete. This cuts construction time significantly, creates less waste material, and virtually eliminates mould, mildew and other emissions produced by buildings structured with wood. Homeowners save money with durability and energy efficiency — and the structure resulting (www.nudura.com) is reported to be up to nine times stronger, with far more fire protection, far more sound insulation, and with a potential to reduce

energy costs of up to 70 per cent. Other green materials should include low- and zero-VOC (volatile organic compound) paints and sealants. Any wood-based features should come from rapidly renewable sources, like bamboo. The best green homes use salvaged materials like kitchen tiles with significant recycled content. Ask for a roof that is light-coloured and heat-reflecting.

Design: Think about the site's natural attributes and shape your new home accordingly. Reduce lighting and energy requirements by taking advantage of natural breezes and daylight, perhaps with skylights or with larger windows on certain walls. Aim for natural daylight to reach at least

75 per cent of the home's interior. Outside, design your landscape with lots of large canopy trees and flowering plants to attract the reproduction activity of birds and bees.

Windows and doors: Dual-glaze windows reduce heat gain in summer and heat loss during the winter. The best quality is

government rated.

Renewable energy: Ask for the latest technology to generate some of your own household energy.

hold energy.

Water efficiency: Design with a water-conserving irrigation system.

Collect and store rainwater.

Add the latest in

fixtures.

water-ef-

ficient



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I'M THINKING



Buy foam sleeve insulation for your hot water pipes and wrap it around the first nine feet of your water heater. It will cost only a few dollars and save around 13 kilograms of greenhouse gases per year, according to Godo Styoke's The Carbon Buster's Home Energy Handbook. TORSTAR NEWS SERVICE

going green

9

Eco-friendly home can pay dividends

Sustainable is the word to remember when choosing materials to build your new home. High-performance, sustainable components deliver a return on investment that compounds year after

year — a welcome reprieve when the world's finances are in such turmoil. Simply ask your builder to aim for green.

The building industry is, in fact, a leader in sustainable technology. Take a

look at Leadership in Energy and Environmental Design (LEED), an organization that encourages and accelerates global adoption of green building and development practices. LEED has set up a third-party certification

program providing an international benchmark for the construction and operation of high-performance, sustainable buildings.

ings.

"A green home uses less energy and natural resources," says Todd Blyth

at Nudura, the manufacturer of insulated concrete forms.

"It creates less waste and is healthier and more comfortable for the occupants. Equally important benefits include lower energy bills, reduced greenhouse gas emissions, and less exposure to mould, mildew and other indoor toxins. As a result, the net cost of owning a sustainable home is comparable to the cost of a conventional one."

NEWS CANADA

Makeovers made more affordable

Down the drain

• The average Canadian

flushes the toilet five times

daily. In homes with an in-

dustry standard 6.1 litres per

flush toilet, that works out to

more than 30 litres of water

per day, per person. That's

more than one billion litres

across the country every day.

In older homes, toilets are

likely to use between 13 and

20 litres per flush.

Now more than ever, there are global events, local campaigns and federal government incentives to help Canadians reduce their impact on our

planet.

Finally, consumers starting to see options to mobilize change their own lives that are affordable attain able. Of course, government rebates sweeten

the deal even more. Now is the time for homeowners to invest in green home makeovers.

Start off small with simple projects. A good place to start is to evaluate your home's efficiency. When it comes to residential water conservation, auditing one of the most wasteful areas in the home is the first step to improvement: The bathroom

To see the fastest impact in cost savings and water conservation, start with the

Dual flush toilets, which provide liquid and solid waste disposal options, use either 3.8 or 4.3 litres per flush, depending on the flushing option you choose. Switching to dual flush can save an average household

of four people anywhere between seven and nearly 19,000 litres of water in a year. Depending on what you pay for water and often how vou use the light flushing option, the cash savings can be substantial.

Kohler's Persuade and San Raphael models are just a few of the dual flush options to choose from. Starting as low as \$460, your rebate and long-term water savings will pay for the upgrade in no time.

A simple and relatively inexpensive toilet upgrade is a great way to begin your green home makeover. Most rebate programs are available for a limited amount of time, so if you're considering an upgrade now is the time to research your options and invest in the right places.

NEWS CANADA

Reduce your carbon footprint, energy bills

With spring in full bloom, it's a great time to consider ways to green your home and reduce your carbon footprint.

Having a green conscience is much more practical and inexpensive than you may think. For example, by sealing cracks around your windows, you can do your part to save money on your electricity bill and minimize your impact on the environment.

Here are a few tips that can help green your home:

Audit yourself: By hiring an inspector to perform a simple home energy audit, you will be able to find where energy is lost and where it can be saved.

Reduce your use: On average, lighting a house consumes 3,942 kWh, which is equivalent to 27 light bulbs. By switching to compact fluorescent bulbs, you can save up to \$300 on your lighting bill. (Natural Resources Canada, ENER-GY STAR Simple Savings, 2008)

Buy green: After cooling and heating, appliances are the most energy consuming users in the home. When you buy appliances, make sure you look for the EnergyGuide label.

NEWS CANADA



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10

Former NHL all-star Keith Primeau announced he is joining more than 100 former professional, college and high school athletes by committing to donate his brain upon death to the Center for the Study of Traumatic Encephalopathy at the Boston University School of Medicine, in an effort to help solve the sports concussion crisis. METRO NEWS SERVICES

ports



Patrick upset after crash

Danica Patrick's IndyCar season got off to a tough start after she crashed out early in the season-opening Honda Grand Prix yesterday in Florida. She was running ninth in the 22-car field when Raphael Matos tried to pass as the two ent into a tight turn on the temporary street course. As the uninjured drivers walked away, Patrick patted Matos on the helmet as if to say, 'Use your head.'

EDITOR: JOHN.CHICK@METRONEWS.CA

Hitmen ao up 2-0 on Lethbridge

WHL Tomas Karpov scored the winning goal on a power play in the second period to lead the Calgary Hitmen to a 2-1 win over Lethbridge Hurricanes in WHL playoff action yesterday. Goalie Martin Jones made 23 saves between the pipes to improve his record to 6-0 this post-season. With the win, the Hitmen took a 2-0 lead in their best-of-seven semifinal series against the Hurricanes, who will host the next three games in Lethbridge starting tomorrow. METRO NEWS SERVICES

SCOREBOARD

YESTERDAY'S RESULTS

YESTERDAY Chicago 1 Columbus 0 (OT) Florida 4 Pittsburgh 2 Detroit 3 Minnesota 2 San Jose 3 Anaheim 2 Washington 6 Atlanta 4 Colorado at Vancouver TONIGHT'S GAMES

Los Angeles at CALGARY

Ottawa at Montreal Detroit at Buffalo

Hawks win again

NHL RESULT

Chicago 1 Columbus 0

Kris Versteeg scored the game's lone goal on a breakaway with 1:50 remaining in overtime as the Chicago Blackhawks blanked the Columbus Blue Jackets 1-0 in a defensive showdown at Nationwide Arena.

In the extra session, Columbus captain Rick Nash carried the puck into the Chicago zone, but Andrew Ladd broke up the play and feathered a pass to Versteeg, who skated in alone on Steve Mason and beat the rookie netminder on the stick side.

"What a hockey game. Both teams played hard, the pace was incredible," said Chicago head coach



Chicago Blackhawk Kris Versteeg, second from left, celebrates with teammates after scoring against the Columbus Blue Jackets in overtime for a 1-0 win in Columbus, Ohio, yesterday.

Joel Quenneville. "I don't know how many times we had five or six minutes of play without faceoffs or stoppages. The pace just never stopped. I would like to commend them for playing well. Both goalies were great. What a thrill. It was a fun game to watch and be a part of."

Nikolai Khabibulin was a brick wall for the Blackhawks, stopping all 20 shots he faced to notch his second shutout of the season and 40th of his career.

Chicago has won six of its last eight games and is fourth in the Western Conference with 97 points.

Mason finished with 24 saves for the Blue Jackets, who have lost five of sev-

METRO NEWS SERVICES

Curling Canada 3-0



Canada skip Kevin Martin and China's Wang Fengchun watch during the World Men's Curling Championships in Moncton, N.B., yesterday. Canada beat China 9-4 to improve to 3-0.



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In the coming weeks Metro's Workology section will be setting its sights on all the jobs that involve our furry friends. So be sure to read Workology and metronews.ca/work for our pet industry feature series every Monday.

11



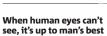
Just a Buck, Change Their Luck

PetSmart Charities of Canada is kicking off its spring campaign, Just a Buck, Change Their Luck, to help help homeless pets by fundraising for local animal welfare agencies. From May 6-26, 100 per cent of the sales of assorted items featuring the design to the left — by Toronto-based Ron Berg — will go to PetSmart Charities. See petsmartcharities.ca for more. METRO NEWS SERVICES

An eye for the blind with a heart of gold

Paws and Claws

RAFAEL BRUSILOW for Metro Canada



friend to lead the way. A gorgeous and furry Bernese mountain dog, Maestro is a trained guide dog who bears a heavier burden than most regular dogs — he's responsible for the day-to-day safety of his owner.

Public servant Lawrence Euteneier, 45, is Maestro's blind owner and says Maestro isn't just a guide dog, he's a shoulder to lean on and by all definitions a true best friend.

"He's a great dog and an even better friend. When I get nervous he has to be calm for me. He counters my nervous energy with his strength," Euteneier said

Among his many talents, Maestro can find a hotel room by sense of smell alone after he's visited it once and can pick up emotional signals too subtle for most humans to no-

"He knows I'm feeling a certain way before I know I feel that way. I'll know I'm stressed out by his reaction to me," Euteneier said.

Dogs like Maestro have enabled Euteneier to live a

and Claws exclusive ries check Workology requently or stop by: etronews.ca/work

OddJobs



Guide dog Maestro helps his owner and best friend Lawrence Euteneier, a public service worker, down a flight of stairs.

life as full of excitement and adventure as any regularly sighted person, including numerous travels around the world and a career in public service spent breaking down barriers for people with disabilities.

Maestro teneier's active life possi-ble by letting him walk the streets and navigate indoor spaces easily and safely.

It's all in the training and the harness, which Maestro uses to signal

stop, step back or go forward. If needed, he'll use his own body weight to push Euteneier out of the way of impending hazards like moving cars or cyclists. He'll also stretch his neck out to signal when Euteneier needs to grab something like a door handle or a handrail.

Maestro has to judge situations and react to them even more quickly than a human being does so that he can signal Euteneier in time. It's a huge responsibility for anyone, especially a dog, to bear and this is what makes Maestro so special.

The MIRA Foundation, located near Montreal, trains dogs like Maestro free of charge for disabled individuals who need them. The organization's founder and CEO Eric St-Pierre says training Maestro took about 20 months and the bubbly Bernese was one of only 67 dogs in his year out of 300 puppies that had the skill and personality to become a guide dog for the blind. Training is challenging and time-consuming and in the end, only dogs as smart, friendly and perceptive as Maestro can

make the cut. For Euteneier, Maestro is much more than just another pet.

"I take care of him and he takes care of me," he



"He's a great dog and an even better friend. When I aet nervous he has to be calm for me. He counters my



Lawrence Euteneier on Maestro (pictured)

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Hit vampire movie Twilight has topped yet another chart — it is now the biggest home release of the year in the U.S. The film sold 5.6 million DVDs and Blu-Ray discs in its first week on sale, beating Madagascar: Escape 2 Africa as the most popular release of 2009. FEMALEFIRST.CO.UK

Star Trek cameo Entertainment Hollywood bosses are hoping William film is being released on May 8 and a follow-up is already in the works. FEMALEFIRST.CO.UI

Weekend box office

Fast & Furious:

\$72.5 million US

Monsters vs. Aliens: \$33.5 million

The Haunting in

Connecticut: \$9.6 million Knowing:

\$8.1 million

I Love You, Man: \$7.9 million

Adventureland: \$6 million Duplicity:

\$4.3 million **Race to Witch Mountain:**

\$3.4 million 12 Rounds: \$2.3 million

Sunshine Cleaning: \$1.9 million

REUTERS

In **brief**

MOVIES Passchendaele was the big winner at the Genie Awards in Ottawa on Saturday. The film won six awards, including best METRO NEWS SERVICES picture.

Remedy for me

New show explores alternative treatments

BRIAN COULTON for Metro Canada

Glycolic peels, light therapies, antibiotics — Roseanna Meas tried it all.

The 24-year-old aspiring actress from Etobicoke, Ont., has struggled with acne since adolescence and not one doctor has been able to cure the ailment that's followed her into adulthood.

"A lot of the treatments I had used were very abrasive — a lot of chemicals," said Meas.

Frustrated by traditional medicine's inability to clear her condition, Meas went in search of a natural remedy to mend her complexion. That's when

she stumbled upon an online advertisement re-cruiting subjects for the new W Network television show Remedy Me!

The program — it begins airing tomorrow night — looks at one affliction per episode and follows two sufferers of it as they explore different alternative treatments. From restless-leg to irritable bowel syndromes, Remedy Me! uses solutions like hypnosis, reiki and traditional Chinese medicines to mar maladies.

Meas didn't experience anything too bizarre, undergoing regular acupuncture and drinking herbal concoctions. But show creator Janice Evans of Creative Atlantic Communications said some of the televised treatments — even acupuncture — are pretty dramatic to watch.

There was an acupuncturist that puts all the needles in, and then attaches little electrical wires to each one. Then she turns on a little kind of electrical jolt that goes through each of the needles that gets the chi moving," she said. "The woman looked like she was hooked up for Frankenstein.'

But it's not the spectacle that encouraged Evans to develop the show. She said she was inspired by her long-time interest in alternative health, and the common dispersion of drugs-as-treatment due to



Remedy Me! airs Tuesday nights on the W Network.

an over-burdened health care system.

"Doctors don't time to spend time with people on finding the solution that might work for them ... I think anyone who takes the time and has that personal attention and believes in what they're doing is going to have progress."

Meas understands why some might be too embarrassed and expose their medical issues on TV, but

Made for TV

 Other ailments exposed on Remedy Me include gas, snoring, overactive bladders, headaches, hair loss, and excessive sweating.

Twilight breaks DVD record

her desperation trumped anxiety.

"I can feel for other people who have suffered with acne, so I figured I might as well just let myself be the guinea pig.'

267 351 - ACCESS Alberta Primetime (Live) Dancing With the Stars (HDTV | 243 317 3 CFCN | etalk | Hollywood | | - 4 OMNI | Two/Half Men | The Simpsons | - 371 5 KXLY | 4 News at 6 | 4 News at 6:30 Two/Half Men | Corner Gas (N) CSI: Miami Big Bang Th Gary Unmai The Simpsons King Entertainment The Insider (N) Dancing With the Stars (HDTV - 371 5 KXLY 4 News at 6 4 News at 6:30 245 306 6 CBRT Coronation St. Jeopardy! (N) 244 338 7 CICT ET Canada Entertainment 246 - 8 CKAL Law 8 Order: SVU 119 705 9 CBXFT Virginie (SC) La Petite vie - 10 SHAW (6) Local Programming - 372 12 KREM College Baskerball NCAA Tournam - 374 14 KSP NewsHour With Jim Lehrer 502 390 15 CBC CBC News: The National 275 55 4 (N) News (N) 18 a Millionaire. CBC News: The National Little Mosque Sophie (HDTV) Comedy Fest | Comedy Fest. House (HDTV PA) (N) The Hour 24 (HDTV PA) (N) Less-Kind Les Téléjournal et Les Nou Local Programming How I Met Guthy-Renker Chère Betty (HDTV) (SC) Belle-baie (N) Tout sur mo TJ Alberta ent Final -- Teams TBA, (HDTV) (Live Guthy-Renker 'Allo, 'Allo! Steves Europe Ten Trillion & Counting rican Expe of Life - 370 16 KHQ News (N) Be-- 373 22 KAYU The Simpsons Ray 297 652 37 WPIX One Tree Hill (HDTV) Be-Millionaire Jeopardy! (N) Wheel-Fortune Two/Half Men Two/Half Men Medium Two/Half Men Two/Half Me PIX News at Ten Tong. Anderson Cooper 360 (HDTV) Two/Half Men Friends Sex and-City Larry King Live Lou Dobbs Tonigh Cooper 360 That's Hockey! SportsCentre ATP Tennis Sony Sportsnet Connected 410 403 303CUN Mantracker 411 457 44 OLN Mantracker 417 406 48 SPEED SuperCars 552 543 20 YTV Drake & Josh 557 541 39 FAM Zoey 101 555 545 67 TOON Ben 10 555 575 592 14 CMT (6) The Adth A Bounty Hunter | Bounty Hunter | Departures "Canada" Mantracker **Bounty Hunter** This Week in NASCAR (HDTV) League-Evil Zixx Level iCarly Life Derek Wizards-Place Han. Montana Totally Spies Total Drama Zack & Cody Latest Buzz Wizards-Place Life Derek Ned's School Johnny Test Totally Spies 6TFFN 6TFFN Futurama Robot Chicken 575 583 11 CMT (6) The 44th Annual Academy of Country Music Awards Karaoke Star Junior 44th Academy of Country Music Awards Comfy Couch Big & Small True Hollywood Story (N) EarthWatch One Backyardigans Dora-Explorer Go, Diego, Go! My Boys Engagement News (N) Max & Ruby Babar The Soup (N) How I Met EarthWatch Two Love It or List It (N) Table for 12 Table for 12 Unwrapped Unwrapped Intervention: Heroin Hits Home Will & Grace Jon & Kate Hell's Kitchen Friends How Clean Little People Littl Restaurant Makeover Little People Jon & Kate Paranormal 605 520 26 A&E Intervention "Angelina" Paranormal Paranormal 617 522 32 SHOW Wife Swap The Outer Limits 601 562 33 SLICE Wedding SOS Wedding SOS Project Runway Canada Psychic Kids: Paranormal Intervention Kenny-Spenny Kenny-Spenny Real Housewives OC Trading Sp Last Married Coup (7:25) Wedding Night ** (2001, Comedy) Bob & Carol & Ted & Alice (1969, C Boyz N the Hood (1991) South Park Ruce Description Without a Trace Law & Order "Identi Family Guy Boyz N th The Simpsons South Pa * (1966, Drama), Bruce Dern Seinfeld Family Guy Katt Williams Easv Rider 628 584 43 SPIKE Ultimate Fighting Championship 89: Bisping vs. Leben (HDTV) 522 516 45 HIST Last Flight to Berlin NCIS "Brothers in Arms" CSI: NY (HDTV) Last Flight to Berlin Amazing Video NCIS Hero Ships Stargate SG-1 9 to 5 *** (1980, Comedy) Jane F Hero Ships Trek: Voyager 627 528 46 SPACE Lost Sarah Connor Ct - - 47 AMC (6) An Officer and a Gentleman *** (1982, Drama) 619 525 49 TROP What Happen? What Happen? Vanity Insanity Sarah Connor Chronicles Star Trek: Next Gener nda, Lily Tomlin, Dolly Parton Ground Up 619 525 49 TROP What Happen? What Happen? 600 564 50 HGTV Property Virgin My First Place 501 391 52 CTV CTV Newsnet 504 508 70 BNN Squeeze Play 526 507 92 VIVA Commander in Chief 269 350 33 APTN MYTV The Mix - - 94 MCP (6:30) News News 570 580 101 MM Shot at Love-Tila Tequila 570 580 101 MM Shot at Love-Tila Tequila 581 565 120 MTV. The Girst of Herster Hall My First Place News House Hunters Property Virgin Income Prop. CTV Newsnet CTV Nev News CTV Newsnet Berman's Call Money Talks Squeeze Play Lie Detective Dollars-Sense Mediums In Dreams Judging Amy Commander Dancing-Spirit Mom's-Upset Miywayawin Suaangan Can't Live Without Her Pinov-Entertain Entourage MuchTopTens Entourage MuchNews Gene Simmons The Daily Fix Don't Forget the Lyrics! Shot at Love-Tila Tequila MuchVib The Hills-Lnch MTV Live 581 566 102 MTV The Girls of Hedsor Hall The Hills The Girls of Hedsor Hall

critics'corner_

Love It or List It
This series, starting its second season, brings a battle-of-the-sexes element to the real estate show genre. In each episode, real estate agent David Visentin and designer Hilary Farr work with a family dissatisfied with its home. As Visentin tries to persuade them to put the property on the market Farr tries to convince them it just needs a makeover. 10 PM on W



Sophie tries to keep her attention on Estelle and Melissa's movie on Estelle and wellsas as movie and premiere party and to not think about Andre (Lyriq Bent). Rick's (Sebastian Spence) relationship with Melissa hits a snag in the bedroom. Jeff Geddis and Mirpi Kurak else stor in 1990 Mir. Mimi Kuzyk also star in "It's My Party." 8:30 PM on CBRT

Chuck (Zachary Levi) thinks his life is coming together when his long-absent father (guest star Scott Bakula) resurfaces, and Scott Bakula) resurfaces, and he lands what he imagines to be his dream job with his hero, Ted Roark (guest star Chevy Chase). Unfortunately, neither man lives up to Chuck's expectations. Yvonne Strahovski and Adam Baldwin also star in the new episode "Chuck Versus the Dream Job." 9 PM on CKAL KHO

Jackson auction to proceed

PEOPLE A judge Friday denied Michael Jackson's attempt to rescue his Neverland Ranch possessions from an auction that will include memorabilia from the height of his 1980s popularity, but the pop star will get another hearing before the sale happens.

Los Angeles Superior Court Judge Brett Klein ruled in favor of Julien's Auction House, which plans to sell about 2,000 Ĵackson items April 22-25.

lackson's production company filed a lawsuit seeking the return of some items on March 4.

"We're still just as puzzled and baffled by this whole thing as we were when it first happened," Julien said.





entertainment 13

Freya's family secrets



Book**Picks**

The Tricking of Freya

Author: Christina Sunley
Publisher: St. Martin's Press
Price: \$28.95 (Hardcover)

Iceland plays itself in The Tricking of Freya, a comingof-age story chronicling the family history and Scandinavian heritage of the novel's title character. Young Freva first meets her widowed mother's family in Gimli, Man. at age seven. Her trek from New York brings her close to her fierce Aunt Birdie, who insists she be schooled in Icelandic past, mythology and language. But Birdie's burying tension between her and Freya's mom; the reason Freya's never met her family until now. Sunley builds a travelogue to uncover Freya's family secret.



Blood **Safari**

Author: Deon Meyer
Publisher: Random House
Price: \$32.95 (Hardcover)

When Cape Town brand consultant Emma le Roux is watching television one day, she sees a murder suspect that bears resemblance to her brother she thought dead 20 years ago. Convinced to find him, she enlists the help of Lemmer, a bodyguard with security company Body Armor. But Lemmer's an "Invisible" - a guard unlike the intimidating bodies known as "Gorillas" — with a short fuse and prone to violence. When the pair is attacked, Lemmer lets himself loose, set on finding their attackers. One wrong move will mean death for the pair, but if successful, Lemmer stands to break his "Invisible" tie and expose a globally threatening faction.



metro

The Book of Night **Women**

Author: Marlon James
Publisher: Penguin Canada
Price: \$29.50 (Hardcover)

The Night Women, sick of slavery, are planning a revolt against the slave masters on their 18th century Jamaican sugar plantation. The green-eyed group bands together, meeting regularly to plot the overtaking of the plantation. That's until Lilith is born, a girl the women believe has a mysterious power. As she ages, Lilith is taught to read and to understand the importance of a rebellion. But when she falls in love with Irish overseer Quinn, Lilith realizes what dire consequences a mutiny will cause for the plantation while trying to reconcile her urges with her upbring-

ing.
BRIAN COULTON/FOR METRO CANADA

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Eyeing Cannes contenders

FILM FEST As spring dawns, so does one of the film world's biggest questions, namely — what's in the

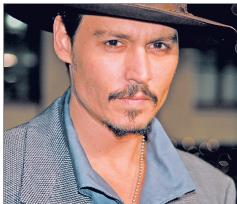
The official announcement from Cannes film festival head Thierry Fremaux and his team of programmers regarding what's in store for the annual cinephile gathering won't take place for three weeks. But filmmakers, executives and sales agents are already buzzing about what will unspool at the event in May.

The consensus is a slate that mixes auteur fare and star-driven movies, though one that's a little light on high-profile U.S. films.

The most prominent motion picture, at least from a star-power standpoint, won't even have its main player there, as Terry Gilliam's The Imaginarium of Doctor Parnassus, the last film from Heath Ledger, is expected to make its debut

make its debut.

In addition to Gilliam's first appearance on the Croisette in more than a decade, a Parnassus debut also would offer the prospect of several stars—including Johnny Depp, Colin Farrell and Jude Law—who all stepped in to play different parts of Ledger's role after the ac-



Johnny Depp (shown), Colin Farrell and Jude Law all stepped in to play different parts of Heath Ledger's role in The Imaginarium of Doctor Parnassus after the actor died last year.

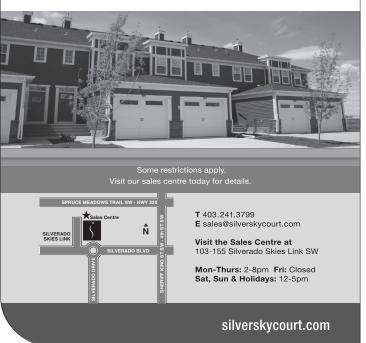
Expected

On the U.S. side, Francis Ford Coppola's Tetro, which the director plans on self-distributing, is a strong bet to land at Cannes. The movie starring an international ensemble cast, tells the story of rivalry between artists in an Italian family.

• Quentin Tarantino's Inglorious Basterds, the Brad Pitt movie about a rogue group of American soldiers fighting Nazis in World War II, has been pegged as a Cannes title for several months and is expected to be at the festival.

tor died last year.

Aside from Pixar's Up, the animated film that will open Cannes, the festival has yet to confirm entrants. Still, many films are seen as probable candidates. Ang Lee's Taking Woodstock is seen as a strong candidate, assuming the director can finish it in time.



14 entertainment



and vest with white pants,

held his son John on the

balcony and spoke with

guests like Robert Kraft,

owner of the New England

Patriots. Bündchen, 28, al-

so hugged guests while

They all seemed "very happy, like they were hav-ing a great time," says one

Earlier that day, Brady

hosted a bachelor's brunch

and relatives

friends

onlooker.

snapped photos.

Farrah Fawcett has been hospitalized in Los Angeles since Thursday, the latest setback in her long battle with cancer, people.com is reporting. The 62-year-old actress has undergone chemotherapy and aggressive alternative treatments in the past. METRO NEWS SERVICES

Celebrity Buzz

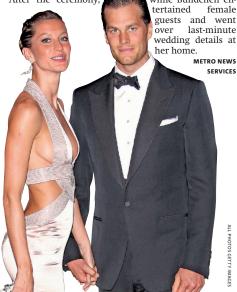
Wed again

Gisele Bündchen exchanged vows in a short sunset ceremony at her home in Costa Rica early Saturday evening, people.com reports.

The bride, in a long designer dress and a veil that trailed 10 feet, and holding a bouquet of white orchids, "looked so gor-geous," a source tells Peo-"She looked beauti-

Security guards blocked off key access points to Bündchen's house in Santa Teresa, where 25 or so guests gathered under a tent set up on the home's

for the men in his entourage at the luxurious Milarepa hotel, where guests dined from a menu designed especially by the balcony. American chef. Mean-After the ceremony, while Bündchen en-



Spears not a rock star, says Nicks **MUSIC** Britney Spears may

have suffered a lot of hard knocks, but it's not enough to earn her the moniker "rock star" - at least not according to Stevie Nicks.

"You have to pay dues to be a real rock star," the former Fleetwood Mac singer told Extra! recently. "Britney did not join a band when she was 18 and practice every day for five hours Monday through Friday and then play gigs

Friday, Saturday and Sunday."

Guy calls ex 'great mum'

PEOPLE British director Guy Richie called his ex-wife Madonna "a great mum' following news that the singer's bid to adopt a second child from Malawi was rejected Friday, people.com reports.

Richie, 40, father to the couple's son Rocco and David Banda — the Malawian boy he and Madonna officially adopted in 2008 issued a statement through his rep saying: "I fully supported Madonna in her decision to apply for this adoption, and I am saddened that her application has been rejected. She is motivated only by being a caring parent who seeks to share some of the advantages and opportunities that her life has given her.'

house in underwear, but I

A judge in Malawi blocked Madonna's attempt to adopt Mercy James, three, citing a residency rule for prospective parents that requires they spend from 18 to 24 months in the country that requirement waived for Madonna's first adoption.

Madonna, 50, has filed



Winehouse hides out in St. Lucia

PEOPLE Though she returned to London as promised when husband Blake Fielder-Civil was released from prison, Amy Winehouse is back in St. Lucia. The troubled singer spent 70 days hiding out in the Caribbean paradise while dealing with her personal demons, and sources say she's returned

WORLD NEWS

this time to start work on the follow-up to her hit Back to Black album. according to MTV UK.

Cyrus strives to act responsibly

FAMILY Miley Cyrus is terrified of disappointing her parents, femalefirst.co.uk reports. The Hannah Montana star is determined never to go off the rails like many child stars.

Fawcett is hospitalized

The 16-year-old actress said: "I think it's selfish to go out partying all the time, especially if you have little ones in your family. I have a nine-yearold sister, and I don't want her to go to school and have people make fun of her for it.

However, Cyrus — who shot to fame at the tender age of 12 — admits it's hard to resist temptation living in Hollywood.

She added to America's Glamour magazine: "At one of the very first awards shows I ever did, there was a bottle of vodka in my gift bag. No one cared that they were giving this to a 12-year-old."

On his radio show, Ryan Seacrest recently asked her if she plans on marrying her boyfriend, Justin Gaston. "If he gets a pret-ty ring," Cyrus joked. But her mom was quick to defuse the drama the next

'When I was 16, I defiantly thought that too, I

was going to mar-ry early," Tish Cyrus told Hollyscoop. "She's got a lot of growing up to do." METRO NEWS

SERVICES

Iglesias is shy of his body naked. I walk around my

IMAGE Enrique Iglesias is too shy to urinate in front of other people, female-first.co.uk alleges. The alleges. Hero singer, who previously claimed he has a "small penis," is so embarrassed about his body he avoids using crowded

public bathroom when there are too many around," tĥe website quotes him saying. as "I'm not comfortable walking around

sometimes feel my housekeeper gets embarrassed." Enrique 2005. shocked his fans by saying he was planning to launch a range of extra-small condoms. He was quoted public toilets. as saying: "I can never "I can't even pee in find extra-small condoms, and I know it's really embarrassing for people people

know, from experience." He later insisted he had been joking. METRO

WORLD NEWS

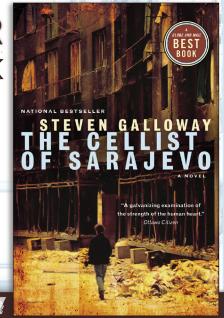
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-THE WASHINGTON POST

"A tense, compelling narrative of characters trying to survive in harrowing circumstances."

TORONTO STAR



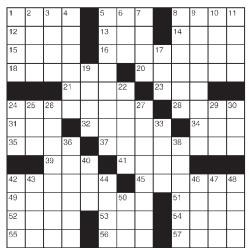






entertainment **15**

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6	2	5		9	4	3	
8	9						1	5
		1	7		2	8		
	8			3			4	
		7	1		4	6		
5	3						7	6
	2	4	8		3	5	9	

Crossword across

1 Q-tip tip 5 Silent

8 Cold War weapon, for

short

12 Easter flower

13 Rage

14 — contendere

15 Initial stake

16 White bloom

18 "Bread"

20 From what place 21 Actor Baldwin

23 Evergreen type

24 Grow uncontrollably 28 Moist

31 Body of water (Abbr.)

32 The Ram

34 Falsehood

35 Oil cartel

37 Skier's slowing manoeuvre

39 Greek consonant

41 Growl

42 Aft

45 Stuck, sort of

49 Anne Murray classic

51 Christmas

52 Cattle

53 U.S. spy org. 54 And others (Lat.)

55 Raced

56 Type units 57 Landlord's due

Crossword down

1 Bridge coup 2 Drunkard

3 Choir voice

4 Local ordinance (Var.) 5 Gets the info wrong

6 Grecian vessel

7 Cat call?

8 Certainly

9 County of England 10 United nations

11 Sulk

17 Kid's query

19 Actress Jessica 22 Adhere

24 "No seats" sign 25 Pinch

26 Nuance

27 Ancient Spartan king

29 "O Sole -30 Church seat

33 Graceful bird

36 Masticated

38 Orison

40 Sphere

42 Requests 43 Quick cut

44 Pleasant

46 Burlap fibre

47 "Two and a Half Men"

role

48 Dissolve

50 Edge

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

0	F	F		L	T	Ε	D		М	0	Α	N
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	Υ	Ε	Ν	7	6	5	1	4	2	9	8	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	
Under 13 minGer	١
13-17 minScho	0

ΛE:	17-21 min	Smart
Genius	21-25 min	Not bad
Scholar	25+ min	.Keep practising

Spanish-Style

Chicken

Metro Recipe of the Day

INGREDIENTS 2 tbsp (25 ml) olive oil 8 boneless, skinless chick-

en thighs 1 medium red onion

1 clove garlic 1 red pepper and 1 yellow

pepper 1 can (19 oz/540 ml)

chopped tomatoes 2/3 cup (150 ml) dry white

1 tbsp paprika 2 3/4 oz (75 g) chorizo

sausage

1 tbsp (25 g) pitted black Salt and black pepper To garnish: A bunch of

parsley METHOD

1. Heat oil in large flameproof casserole pan or braising pan, then cut chicken thighs in half and fry over a high heat until golden.

2. Peel and thinly slice onion and peel and crush the garlic. Add to chicken. Rinse and slice peppers and add to chicken. Fry until peppers are lightly browned and slightly softened.

3. Stir in tomatoes, wine and paprika and bring to boil. Slice chorizo thickly and add, then simmer 15 minutes, or until chicken is cooked.

4. Halve olives, add to casserole pan, then season to taste. Rinse, dry and chop parsley. Garnish with parsley and serve with crusty bread.

SERVES 4

rd.ca

For nutritional infor mation on this and other great recipes, go to rd.ca or check out Key Ingredients



AVATAR VENUS

Horoscopes

ARIES

MARCH 21-APRIL 20
Make a heroic attempt to take the blame for a mistake. A craving can't be ignored. An insightful dream supplies inspiration

LIBRA

SEPT 23-OCT 23 A former enemy has a shift in convictions. An introvert has gained too much weight. An old companion will re-enter

TAURUS

APRIL 21-MAY 21

A thrilling person teaches you a new way of relating. Your prospects convince someone to give aid. A legal issue causes a mishap.

SCORPIO OCT 24-NOV 22

A team-mate will make a move. Don't just fade away after confusion clears up. A strange revelation brings you some joy.

GEMINI

(g)

MAY 22-JUNE 21

Someone is forced to change a routine. You want to learn something too fast. You'll find that a problem has already been solved

SAGITTARIUS NOV 23-DEC 21

There'll be questions about an infatuation. Candid comments affect your work. Relationship changes won't be appreciated

CANCER

JUNE 22-JULY 22 Ask permission before forcing your opinions on anyone. A young guy makes you chuckle. It's a bad idea to demand a handout

CAPRICORN DEC 22-JAN 20

Be cautious during a surprising encounter. Get comfortable with a melodramatic person. Overcome a challenge to your

LEO JULY 23-AUG 23

Good luck comes when strong feelings are shared. A quarrelsome person needs a time-out. Your actions are respected.

AQUARIUS

JAN 21-FEB 18
A pleased person passes on a valuable bonus. Pride grows after being flattered. A mature friend lifts you out of exhaus-

VIRGO

A whining woman behaves arrogantly. Don't refuse to release a friend from a promise. A man must bed down early tonight.

PISCES FFR 19-MARCH 20

A fated couple has a weird encounter. An authority figure insists on rules being obeyed. A benefit comes from dealing with a spoiled brat.

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